

Luke Celebrates Barbecue Season



Luke wants to make sure you eat healthy this barbecue season! By choosing foods that are low in fat, high in nutrients and full of flavor you can create great meals that are also healthy. Here are some yummy ideas: grilled chicken strips over a vegetable medley, grilled chicken veggie wrap or shrimp-kabobs.

Lincoln/Ambrose
Elementary School
May 2011

LUNCH PRICES

Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Milk/Choice	\$.60
Lactaid Milk	\$.60
Soy Milk	\$1.00
Ala-Carte Extra Pizza	\$1.25

Prepaid Lunch Tickets Available

5 Lunches=	15.00	20 Lunches=	60.00
10 Lunches=	30.00	30 Lunches=	90.00

Lunch Alternatives

3. Peanut Butter & Jelly Sandwich

4. Peanut Butter & Fluff Sandwich

5. Healthy Choice Salad

Served over a bed of mixed greens with tomato wedges, cucumbers, dressing, whole wheat or plain dinner roll, mozzarella cheese stick and the remainder of the meal.

**Lincoln Elementary POS
Is now up and running**

Lunch Money can be put on account
@ payforit.net or by check or cash
at Lincoln School on Monday &
Thursdays @ 8AM

ALL STUDENT LUNCH INCLUDES

Skim Milk, 1% Milk or Low Fat Chocolate Milk /
Strawberry Milk/ Lactaid Milk / 100% Juice/
Fresh Vegetable / Fresh Fruit



**If you have a food allergy, please speak to the Director or Lead Server.
*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available. If you have any questions or would like additional Information regarding this menu, please contact the food service director*

**Kevin Silvia @ 781-721-7033
WE PURCHASE LOCAL!**

Produce is purchased through regional suppliers when seasonably available. Visit www.Whitsons.com to see all that we are doing to help save the environment!

V = VEGETARIAN SELECTION

🍓 = HEALTHIER CHOICE

P = PORK PRODUCT

MONDAY

Early Release All Levels

TUESDAY

1. Gloria's Pizza
Whole Wheat Cheese
2. American Sub
Celery Stick W/ LF dip

Cupped Strawberries

WEDNESDAY

1. Doggie Day
Hot dog on a wheat bun served w/ vegetarian baked beans
2. Chicken Caesar Salad
Garden Salad w/ Light Italian dressing

THURSDAY

1. Cinco de Mayo
Two soft tortillas w/ fajita chicken served w/ shredded Cheddar, Lettuce & Salsa.
Baked Chips
2. Turkey & Cheese on a Bun
Fresh Banana

FRIDAY

1. Gloria's Pizza
Cheese Pizza slice

2. Tuna Salad Sub

Caesar Salad

1. Brunch for Lunch
Cheddar cheese omelet served w/ breakfast sausage & baked potato rounds
2 Italian Sub on wheat

1. Gloria's Pizza
Whole Wheat Cheese
2 Crudités Lunch Box
Ham, turkey, carrot & celery sticks w/ dip

Cucumber Wheels W/ LF Dip

1. Beef Stir Fry
Beef strips sautéed with peppers, broccoli, carrots in a teriyaki sauce.
Served w/ brown rice
2. Chicken Salad Wrap
Fresh Sliced Orange

1. Spaghetti & Meat balls
Whole grain pasta tossed in marinara sauce & served w/ meatballs.
2. BLT Turkey Wrap
Romaine Salad
W /Italian dressing

1. Gloria's Pizza
Cheese Pizza slice
2. Chicken Patty w/ honey mustard on wheat bun

Mixed Garden Salad
Ranch Dressing

1. Chicken N Noodles
Baked chicken w/ egg noodles in a white sauce.
Dinner Roll
2. Antipasto Salad
Served w/ sweet peas.

1. Gloria's Pizza
Whole Wheat Cheese
2. Spinach Mandarin Salad

Fiesta Corn

1. Chicken Meat ball
Sliders
Chicken meatballs sliced on mini buns topped w/sauce & mozzarella cheese served w/ potato wedges
2. Vegetarian Wrap
Bagged Carrots

1. Turkey Dinner
Roast turkey topped w/ gravy served w/ mashed potatoes & corn
2. Spicy Buffalo Chicken Wrap
Cupped Apple Sauce

1. Gloria's Pizza
Cheese Pizza slice

2. Bagel Lunch

Romaine Salad

1. Misson Burrito
Mexi-Beef on a flour tortilla served w/ shredded lettuce, cheese, refried beans & Mexi- Rice.
Vegetarian Available.
2. Ham & Cheese on a Roll
Cupped Pears

1. Gloria's Pizza
Whole Wheat Cheese

2. Chef Salad
Celery Sticks
W/Dip

1. Baked Mac n Cheese
Whole grain pasta tossed in a cheese sauce & baked.
Seasoned Breadstick
2. Salami & Cheese Sub
Steamed Green Beans

1. Pancakes
Pancakes w/syrup served w/ Scrambled Eggs & Mini Sausage
2. Nacho Lunch
Cupped Fruit

1. Gloria's Pizza
Cheese Pizza slice

2. Turkey & Cheese on Wheat wrap
Steamed Carrots

No School Memorial Day

1. Gloria's Pizza
Whole Wheat Cheese

2. Tuna salad on a bun
Steamed Mixed Vegetable



DID YOU KNOW? Most products sourced by Whitsons have 0 Trans Fats - Milk & Chicken Products are hormone & antibiotic free - All dressings & ketchup are all natural, with no artificial ingredients & no HFCS (high fructose corn syrup) - All condiments are low fat - Teriyaki sauce & soy sauce are low sodium - Sliced bread, hamburger buns & hot dog buns are 100% w. grain & contain no HFCS - Breads, tortilla wraps, taco shells, nacho chips, Panini bread, all natural frozen yogurt, teriyaki sauce, soy sauce & all condiments are free of any partially hydrogenated oils & HFCS - Yogurt is 100% all natural & contains no artificial ingredients - Breakfast items have no trans fats, HFCS or artificial colors - Pancakes & waffles are w. grain & contain no artificial colors or flavors - All pasta is Barilla w. grain - All rice is brown - Pizza crust at secondary level is whole grain; elementary level is whole wheat - Tuna is dolphin safe & packed in water - Canned fruits are packed in natural juice only, no syrup - Fresh fruits & fresh/frozen veg. will be used when gov. commodity not available - All cheese is low fat - Donuts & breakfast pastries have no trans fats, artificial colors or flavors - Fish sticks have whole grain breading - Flavored milk contains no HFCS

